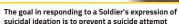




## SOLDIER SUICIDE IDEATION DRILL CARD



by actively engaging. If you see someone in crisis, use the information in this card to intervene. It's important to know your fellow Soldiers and notice any changes in their behavior; know the risk factors such as relationship or financial problems, and substance abuse and access to lethal means; and know what resources are available to get helo.

After a crisis, treat your fellow Soldier with empathy and check in on them regularly. You play a role in suicide prevention by supporting their return to readiness.

## INTERVENTION: WHAT TO DO WHEN YOU SEE A PROBLEM

Do not hesitate and engage immediately. Ask YES or NO questions.

ALWAYS ask Questions 1, 2 and 6. Have you wished you were dead or IF YES - go to questions 3-6 wished you could go to sleep and If NO - go to guestion 2 not wake up?

IF YES - go to questions 3-6 Have you actually had any thoughts If NO - go directly to question 6 about killing yourself?

If YES - inform PLT SGT: ESCORT Have you thought about how you might do this? If NO - go to guestion 4

Have you had any intention of acting on these thoughts of killing If YES - high risk, call 911/ then PLTSGT yourself, as opposed to you having thoughts but definitely would not If NO - go to question 5 act on them?

Have you started to work out or If YES - high risk, call 911/then worked out the details of how to PLT SGT kill yourself? Do you intend to carry

out this plan? Have you done anything, started

in the care of professional help.

If NO - go to question 6

observations

In the past 3 months? If YES, inform PLT

to do anything, or prepared to do SGT: ESCORT anything to end your life? In the past 3 days - high risk, call 911/ Examples: Collected pills, obtained a then DIT SGT gun, wrote a will or suicide note, held If NO - inform PLT SGT of your a gun but changed your mind, cut

yourself, tried to hang yourself, etc. Any YES answers indicate the need for further care and elevation to Chain of Command. However, if the answer to #4.5 or 6 is yes, immediately ESCORT to the pearest Chaplain, behavioral health provider. Unit Leader or Emergency Department, DO NOT LEAVE THE PERSON ALONE, STAY WITH THEM until they are

## LOCAL CONTACT INFORMATION AND RESOURCES

We must take all suicide threats and warning signs seriously. Intervening early decreases the time a

person in crisis has available to act on their suicidal thoughts.

 Military Family Life Counselor: Crisis Line 1.800.273.8255 pors

 Unit Information: Behavioral Health: Chaplain: 1-800-273-TALK · Installation/Local Phone Numbers: